



## Stress and Success - Fast Fixes for Turbulent Times (Paperback)

By Jonathan Brown

CompletelyNovel.com, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How can we win in a turbulent world that is changing faster than our rate of evolution? Winning is tough and competition is intensifying. Conventional stress management won't tackle the types of stress we face today. Instead of merely surviving a tough month or year, we need battle-tested approaches to anticipate and recover from turbulent situations so that we are even stronger tomorrow. We don't want stress management, we need Stress Leadership. In spite of how challenging things may seem, it is possible to accelerate the progress you and your organisation are making today. Stress and Success will help you to avoid stress induced viral stupidity the mental condition that makes you do foolish things when you need to be at your best. The unique combination of scientific research, coaching, and business and military strategy will help you to maneuver around or through roadblocks and obstacles. This will leave you with the resources you need to create your own future. So, you can blow up, burn out, lose everything and then recover or you can apply the principles in this book...



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